DOCUMENT RESUME

ED 329 864 CG 023 234

TITLE Children of Alcoholics: 2. Kit for Parents.
INSTITUTION National Clearinghouse for Alcohol and Drug Information (DHHS), Rockville, MD.
PUB DATE Feb 88
NOTE 24p.; For other kits in this series, see CG 023 235-236.
PUB TYPE Guides - General (050)

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS *Alcohol Abuse; *Alcoholism; Bibliographies; Children; *Family Characteristics; *Family Environment; Parent Child Relationship; Parent Influence
IDENTIFIERS *Children of Alcoholics

ABSTRACT

This document is intended to educate parents and children on alcoholism. It suggests that although it is desirable for alcoholic parents to stop drinking, it is not necessary for them to do so before beginning to support the emotional growth of their children. Section 1 provides parents with guidelines to use when helping their children overcome some of the problems caused by alcoholism. Section 2 contains an open letter to children that stresses the importance of communication, defines alcoholism as a disease that is not caused, and cannot be controlled, by the child, and suggests positive actions a child of an alcoholic may take. Included are questions and answers on alcohol-related issues. Section 3 lists professionals and organizations that may be able to offer or to determine the most appropriate and convenient services for each individual client (outpatient clinics, hospital services, halfway houses, or special counseling groups). Section 4, the "National Clearinghouse for Alcohol and Drug Information Resource Update," is an annotated resource guide for persons interested in obtaining current information on the impact of parental alcoholism on children. Entries are organized into three sections: (1) publications (including books, conference papers, journal articles, and pamphlets and periodicals); (2) audiovisuals (including films, videotapes, filmstrips, and audiotapes); and (3) organizations. Availability and price information are included where relevant. (BHK)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☑ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

ED329864

Children Of Alcoholics

2 Kit for Parents

contents:

- Suggestions for Parents
- Kit for Kids
- Fact Sheet: How to Find Help
- NCADI Resource Update

NCADI
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852

Prepared by the Office for Substance Abuse Prevention
February 1988

CG023234

BEST COPY AVAILABLE

DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Alcohol, Drug Abuse, and
Mental Health Administration
Rockville MD 20857

Dear Parent:

Seven million children under the age of 20 in the United States are growing up in homes with at least one alcoholic parent. There also are about 21 million adult children of alcoholics, and some experts estimate that 14 million Americans are problem drinkers or suffer from the disease of alcoholism. Your children are not alone and neither are you.

The National Clearinghouse for Alcohol and Drug Information (NCADI) has assembled this educational kit to help you and your children learn more about this disease and to provide information about resources available to you that others have found helpful.

As you read these materials, keep several things in mind:

- Alcoholism affects every member of the family--that is why it is called the family disease.

- Although many children suffer ill effects from being raised in an alcoholic environment, some do not. Like you, they are resilient and most are able to cope successfully with life's difficulties if given a little help.

You need support, too. Learning about alcoholism and how it affects all members of the family and discovering the resources that are available in your community to help families cope with alcohol-related problems are good beginning steps. Remember, contrary to popular opinion, with the proper treatment the chances of recovery from alcoholism are very good.

For information about treatment for alcohol problems in your community, consult your telephone directory for listings for Alcoholics Anonymous, Al-Anon Family Groups (including Alateen and groups for adult children of alcoholics), the local affiliate of the National Council on Alcoholism, or a community mental health center.

Thank you for contacting the Clearinghouse.

Suggestions for Parents*

Although it is desirable for alcoholic parents to stop drinking, it is not necessary for them to stop before they or their nonalcoholic spouses begin helping their children to overcome some of the problems caused by alcoholism. Sobriety might not occur until after their children are grown. Although much of what parents can do to assist their children to overcome the consequences of family alcoholism will depend upon the conditions present in each family, there are a number of activities that are appropriate for all parents.

The following suggestions are offered for mothers and fathers, even though only one may be alcoholic:

Avoid pressuring your children, either verbally or with your actions, to take sides in conflicts you have with your spouse.

Your children do not need nor do they usually want to take sides, but rather want you, their parents, to behave in ways that do not demand their taking sides. If they are forced into taking one parent's side, even more problems are forced upon them. Further, pressure upon children to take sides in marital conflicts usually intensifies the conflict for the husband, wife, and children.

Avoid using the opinions of your children about the use of alcohol or the alcoholic parent to "get at" the alcoholic.

Using your children against your spouse is like taking sides and places them in a bad position. It may also cause your child not to share feelings with you in the future.

When the home situation is excessively disruptive or verbally abusive and your children go off to be alone, seek them out and comfort them.

During family drinking episodes many children hide in the bathroom or bedroom out of fear or frustration. These episodes can be very upsetting. You should try to avoid letting your children go to sleep under upsetting conditions. If this occurs, talk with them at the first opportunity.

Avoid placing your oldest child in the position of being a confidant or surrogate parent to replace your spouse as parent.

Making a surrogate parent of your child places too much strain on him or her and may also anger your spouse whose position your child is attempting to fulfill. Also, when the parent whose place they are taking resumes his or her duties, the child must revert to his or her original position in the family. This shifting of roles can lead to your child to have feelings of inconsistency and to experience serious personal problems.

Encourage and support your children to become involved in school and community activities.

Your children need outlets and chances to develop needed relationships with others in activities outside of your home. Outside activities may help your children understand that they can accomplish many things on their own and can be independent of undesirable influences in your home.

---

* From Children of Alcoholics: A Guidebook for Educators, Therapists, and Parents by Robert J. Ackerman. Learning Publications, Inc., Holmes Beach, Florida 33509.

Try to arrange times for your children to have their friends visit regularly.

Your home should also be their home. Some alcoholics drink in patterns and provide some opportunity for normal family conditions. However, if your child has friends over and the alcoholic spouse is drinking, do not further embarrass your child or his or her friends by confronting the alcoholic. The time to talk with an alcoholic about his or her drinking is not during a drinking episode.

Avoid exacting promises from your children that they will never drink.

If children of alcoholics decide to drink later in life, this promise may cause unneeded guilt. It may also imply to your child that he or she cannot handle alcohol. Many alcoholics have high levels of guilt about their drinking. Guilt may even increase their level of drinking because of their perceived inability, often learned in the home, to control alcohol consumption.

Avoid constantly asking your children if you should leave your spouse.

Unless a separation has been decided upon, in which case the children should be consulted, questioning your children about when or if you should leave your spouse only adds to the children's confusion of why you remain together. This question is particularly inappropriate for small children. They feel that parents are supposed to be responsible, and should not ask young children the most difficult of questions. Also, if you don't separate after you have raised these questions, your children may live in fear that a separation will occur at any time. This adds to your marital difficulties and to the personal problems of your children.

Educate yourself about alcoholism and community resources.

It is difficult to help yourself or others unless you know what you are trying to work with. Much family frustration in alcoholic families arises from fears of the unknown effects of drinking. Although you may not be able to get your spouse to stop drinking or to stop your own drinking, you can better prepare yourself and your children for survival in an alcoholic family.

Become involved in community resources or self-help groups for family members of alcoholics.

Organizations such as Al-Anon and Alateen will greatly benefit the family. These groups provide for interaction and camaraderie with people in similar situations. Families of alcoholics need not be alone unless they choose to be.

If your alcoholic spouse seeks help, try to become involved as a family in the treatment process.

Alcoholism affects the entire family and all will benefit from help. To allow the alcoholic to enter treatment alone is to deny a support structure for sobriety. As family members have learned to adapt to the drinking alcoholic, they also need to learn to adapt to the recovering alcoholic. Once the alcoholic quits drinking, family life will change. The family--which includes, of course, your child--must be prepared to accept the alcoholic member back into the family physically and emotionally. Total recovery from alcoholism may require a total family effort.

Remember, if your children are to grow up and have health and satisfying lives of their own, they will need help from people in their community, but most of all they will need you.

DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Alcohol, Drug Abuse, and
Mental Health Administration
Rockville MD 20857

My Dear Friend:

I'll bet that you think no one knows how you feel when your mom or dad drinks too much, right? Wrong! I do know how you feel because one of my parents is an alcoholic.

It is not easy, is it? When I was your age I felt so alone with the problem at home. I was scared to tell anyone, and sometimes, when it was really bad, my stomach would hurt because I thought it might be my fault. None of my friends ever spent the night at my house because I did not want them to know. I felt ashamed, like I was not quite as good as the rest of the kids.

Know what else I felt? MAD! I thought drinking meant that my alcoholic parent did not really love me. I hated those booze bottles, and sometimes I even thought I hated my alcoholic parent. Then I would feel guilty, and my stomach would hurt more.

When I grew up and moved away, I met other people who had alcoholic parents. We talked a lot, and I learned a lot about drinking problems like the one that messed up my family. I felt free at last! You will probably feel that way some day too, even though it does not seem possible to you now.

You know what? I wish I had known the truth about alcoholism when I was your age. It would have made me feel a **lot** better. I did not have a friend to tell me the truth--but you do! I care about you, and I want you to know these facts. Please try to remember them when things get bad, and I'll bet you will feel better.

FACT #1 **Alcoholism is a disease**, just like diabetes or heart trouble. Your parent is not a bad person; he or she just has a disease that makes him or her lose control when drinking. People who have diseases do not like to be sick. Maybe the disease makes them do mean or stupid things that they would not do if they were well.

FACT #2 **You cannot control your parent's drinking. And it is not your fault.** So do not worry about hiding his or her bottles or trying to be perfect so you will not trigger a drinking spree. No one in the world is perfect. You are not the reason why your parent drinks. You did not cause the disease. In fact, your parent would drink even if you had never been born' So do not feel guilty.

FACT #3 **You are not alone.** There are lots of kids just like us. I'll bet there are some in your class at school--kids you would never think have a problem-drinking parent, because like you they don't talk about it. Or maybe you know who some of them are. There are 7 million children with alcoholic parents in America. We are a big team!

FACT #4 **You <u>can</u> talk about the problem, and it will make you feel better.** There is a group of kids just like you and me called "Alateen." This group has meetings, just like a club, and the kids there share tips on how to make their lives easier. Look for the phone number of Alateen in the phone book, or call directory assistance (411) and ask for the number of Alateen. If you do not find a listing for Alateen, call the local chapter of Alcoholics Anonymous for direction. You may find these meetings very helpful. Maybe a family member or a family friend can give you a ride to the meeting.

Even if you cannot go to Alateen meetings, please don't forget the four facts, OK? They will make you feel better.

A Friend Who Has Been There

Questions And Answers About Alcohol Problems

Question: What is alcoholism?
Answer: Alcoholism is a disease. People who have the disease have lost control over their drinking and are not able to stop without help.

Question: How does alcoholism start?
Answer: Doctors don't know why people become alcoholics. Some start out drinking a little bit and end up hooked on alcohol. A person may drink to forget problems or to calm nerves and end up needing alcohol to feel normal. Once a person loses control over drinking, he or she needs help to stop.

Question: Why can't an alcoholic just stop drinking?
Answer: One of the symptoms of alcoholism is that the person has lost control over drinking--and that makes it very hard for the alcoholic to stop drinking.

Question: If the alcoholic is sick, why doesn't he or she go to a doctor?
Answer: At first, the alcoholic is not aware that he or she is ill. Even when the alcoholic becomes aware that all is not well, he or she may be the last one to believe that alcohol is the problem.

Question: Is there an "average" alcoholic?
Answer: No. There is no such person as the average alcoholic. Alcoholics can be young, old, rich, poor, male, or female.

Question: What is the cure for alcoholism?
Answer: There is no cure for alcoholism except stopping the disease process by stopping drinking.

Question: Can family members make an alcoholic stop drinking?
Answer: No. It is important to know that an alcoholic needs help to stop drinking, but no one can be forced to accept help. It is also important to know that family members alone cannot provide the help that the alcoholic needs. An alcoholic needs the help of people trained to treat the disease.

Question: How many people in the United States have at least one alcoholic parent?
Answer: About 7 million children are growing up with at least one alcoholic parent; nearly 21 million adults grew up in homes with an alcoholic parent.

Question: If I can't make my alcoholic parent stop drinking, what can I do to make myself feel better?
Answer: Talk to someone you trust about the problem, like a teacher, Scout leader, or sports coach. Also, there is a group of kids who have alcoholic parents called "Alateen." Alateen has meetings, like a club, and the kids share tips on how to make life easier.

Question: How can I find Alateen?
Answer: Look for the phone number of Alateen in the phone book, or call directory assistance (411) for the number of Alateen. If you have one parent who does not drink a lot, or a relative or a family friend, maybe he or she will take you to an Alateen meeting.

What Should You Do?

DO talk about your feelings with a close friend, relative, teacher, pastor, or others. Sharing your feelings is not being mean to your family--it's a normal part of being human! Talking to someone about your feelings can help you feel less alone, and that person might be able to comfort you.

DO try to get involved in doing fun things at school or near where you live--the school band, softball, Boy or Girl Scouts, or others. Doing these types of fun things can help you forget about the problems at home and can help you feel better about yourself.

DO remember that your thoughts and feelings are normal. It's OK to hate the disease of alcoholism and love your alcoholic parent--both at the same time! All people have self-doubts and mixed-up feelings. It's part of growing up.

DO remember how to have fun! Sometimes children with alcoholic families worry so much that they forget how to be "just a kid." You deserve a good case of the giggles sometimes and special treats just because you are YOU. If things are bad at home, you might not have anyone who will help you have fun. But that doesn't have to stop you. Find a friend who likes to act nutty sometimes, or help yourself to the "crazies." Jump in a pile of leaves, learn the latest dance steps, see how far you can spit a watermelon seed...there are a million ways to have fun!

DO go to Alateen meetings if you can. Meeting new friends who understand will remind you of this fact--YOU ARE NOT ALONE!

DON'T ride in a car when the driver has been drinking if you can avoid it. It is not safe. Walk, or try to get a ride with an adult friend who has not been drinking.

DON'T feel guilty or ashamed about the problem at home. Alcoholism is a disease, and diseases are nobody's fault. Anybody who makes fun of alcoholics just doesn't understand that fact. (By the way, just because your parent is an alcoholic doesn't mean you will be an alcoholic when you grow up. In fact, most children of alcoholics do not become alcoholics.)

DON'T try to convince your parent to stop drinking when he or she is drunk. The drinker is not thinking clearly at such times and may forget what you say.

DON'T pour out or try to water down your parent's alcohol. The plain fact is that it won't work. You have no control over the drinking. You didn't make the problem start, and you can't make it stop. It is up to your parent to get treatment, so relax. What your parent does is not your responsibility or your fault. So give yourself a break!

Treatment for Alcohol Problems: How To Find Help

If you or someone you know is having problems because of alcohol, this Fact Sheet can help you become aware of the alcohol treatment services available in your community or nearby.

This Fact Sheet does not provide information on specific alcohol treatment programs, but it does provide referral information that can direct you to local, State, and national resources that can address your specific needs.

There are numerous health care professionals and specially trained counselors in your community who offer a wide range of treatment programs in a variety of settings. They are only a phone call away.

The professionals and organizations listed in this Fact Sheet can help you determine the most appropriate and convenient services for you: residential centers for long-term care, outpatient clinics, hospital services, halfway houses, or special counseling groups. (Today, many health insurance providers offer benefit plans that include some provisions for treating alcohol problems—many even provide for hospitalization for alcohol detoxification or therapy.)

NCADI

National Clearinghouse for Alcohol and Drug Information

PO Box 2345
Rockville, MD 20852
301 468 2600

A Service of the ADAMHA's Office for Substance Abuse Prevention

Your Local Community

In most communities, there are numerous local resources that can either provide you with information about treatment resources or can direct you to actual treatment services. The following are some examples.

Physicians (including psychiatrists) are often the first ones to diagnose an alcohol problem. Some physicians may even be able to assist in the care of alcoholic patients and their families as part of their private practice. If your physician is not experienced in the treatment of alcoholism, request help in seeking a referral to alcoholism treatment resources that are most appropriate for you.

Information and referral programs are frequently available in local communities and can offer information on a wide range of subjects. Specialized alcoholism information and referral programs also exist in some communities. Consult the telephone directory under "information and referral" or "alcoholism."

Private alcoholism treatment facilities exist in many communities. These facilities offer a variety of alcoholism treatment services and can be contacted directly for information about costs and services provided by their specially-trained staff. These centers are usually listed in your telephone directory under "alcoholism" or "alcoholism treatment."

Hospitals are sources of information about alcoholism treatment and also provide a variety of alcoholism treatment services. Community and private hospitals, Veterans Administration hospitals and facilities, and Indian Health Service hospitals are important resources in the treatment of alcohol-related medical problems.

Your **local county health department and social services department** are sources of information about community facilities, including those providing alcoholism services. These public health and social service agencies are found in the telephone directory under local government listings.

Many localities operate **community mental health centers.** Alcoholism treatment is part of the continuum of health care and social services provided by the centers. Community mental health centers are also excellent sources of information about other treatment resources nearby. The centers are usually listed under "mental health" in the telephone directory.

A **family service agency** in your community is an important source for referral information and may itself offer a variety of services—including treatment or referral for the alcoholic and his or her family. Check the telephone listings or contact the community council or United Way in your area.

Your **clergyman or spiritual counselor** can be a source of information and referral regarding alcoholism treatment. Clergy and religious leaders may also be skilled and experienced counselors. Many religious organizations sponsor or operate treatment facilities as well.

Your **employer** may have joined thousands of other organizations and businesses in establishing an employee assistance program. These programs employ professionals trained in providing you with information and, if necessary, referral for treatment.

2 Kit for Parents

Your State and National Resources

If you have had difficulty identifying a satisfactory community resource for treating alcohol problems, or if there is not an appropriate service in your area, you may wish to contact the following State and national resources for more information. (In addition, there are many local affiliates of these organizations in your community.)

Each State has a **department of alcoholism services**, a governmental agency that is responsible for alcohol-related programs, resources, and initiatives offered throughout the State. States vary widely in the titles of their alcoholism agencies and in their organizational affiliation within State government structures. In some instances, the alcohol and drug abuse agencies are combined. To locate your State alcoholism agency, look in your telephone directory under "State government" listings. Or contact the National Association of State Alcohol and Drug Abuse Directors, 444 N. Capitol St., N. W., Suite 520, Washington, D.C. 20001. Or call (202) 783-6868.

National Clearinghouse for Alcohol and Drug Information (NCADI) is an information service of the Office for Substance Abuse Prevention (OSAP). The Clearinghouse staff can answer your questions about prevention, intervention, and treatment of alcohol and other drug problems. Information is disseminated free to the public. Write to NCADI, P.O. Box 2345, Rockville, MD 20852. Or call (301) 468-2600 and ask for an information specialist.

National Council on Alcoholism (NCA) is a nonprofit national voluntary health agency with several hundred local affiliates that are well acquainted with the problems of alcoholics and are dedicated to helping them. Information about alcoholism and treatment opportunities is available through local affiliates. In some instances, counseling of alcoholics and their families may be provided through the local unit as well. Look for the listing of your local NCA affiliate in the telephone directory. If you are having difficulty locating a unit near you, write to NCA at 12 West 21st Street, New Seventh Floor, New York, NY 10010. Or call (212) 206-6770.

Alcoholics Anonymous (AA) is a voluntary fellowship open to anyone who wants to achieve and maintain sobriety and is an important adjunct to many treatment programs. The fellowship was founded in 1935 by two individuals in an effort to help others who suffer from the disease of alcoholism. AA is the oldest of the organizations designed to help alcoholics help themselves. It is estimated that there are more than 1 million members in local chapters worldwide. For further information, look under "Alcoholics Anonymous" in your telephone directory. The Alcoholics Anonymous General Service Office can help in locating a nearby affiliate. Write to them at P.O. Box 459, Grand Central Station, New York, N.Y. 10163. Or call (212) 686-1100.

Al-Anon is an organization for spouses and other relatives and friends of alcoholics. The Al-Anon groups help families and friends cope with the problems that arise from another's drinking, and help foster understanding of the alcoholic through sharing experiences. Local groups are listed in your telephone directory under "Al-Anon Family Groups." Al-Anon Family Group Headquarters can assist you in finding a nearby affiliate. Write to Al-Anon Family Group Headquarters at P.O. Box 862, Mid Town Station, New York, N.Y. 10018. Or call (212) 302-7240.

Alateen, a part of Al-Anon, is for young people whose lives have been affected by the alcoholism of a family member or close friend. Members of Alateen fellowships help each other by sharing their experiences and their strength. Alateen is listed in some telephone directories, or information may be obtained by contacting local Al-Anon groups. If you are having trouble locating an Alateen affiliate near you, contact Al-Anon Family Group Headquarters at the previously listed address and telephone number.

Women for Sobriety, Inc. is a national organization with local units that address the specific needs of women with alcohol-related problems. The program is used by many women in combination with other alcoholism treatment programs or as an alternative to other programs. Consult your telephone listings for a local unit or write to Women for Sobriety, Inc., P.O. Box 618, Quakertown, PA 18951 for assistance and more information. Or call (215) 536-8026.

Prepared by the National Clearinghouse for Alcohol and Drug Information (NCADI). NCADI is a service of the Office for Substance Abuse Prevention (OSAP), of the Alcohol, Drug Abuse, and Mental Health Administration (ADAMHA), Public Health Service, U.S. Department of Health and Human Services. This publication is not copyrighted. Permission to duplicate the contents is not necessary. Duplication is encouraged.

Children of Alcoholics

National Clearinghouse for
Alcohol and Drug Information

PO Box 2345
Rockville Maryland 20852
(301) 468-2600

A service of the Office for
Substance Abuse Prevention,
of the Alcohol, Drug Abuse,
and Mental Health Administration

During the past decade, there has been a surge of interest in children of alcoholics and alcohol abusers and the problems some of them face. It is estimated that in the United States there are currently 7 million children of alcoholics under the age of 20 years and approximately 21 million adults who are children of alcoholics.

To date, studies of this population have focused mainly on a variety of psychological problems or on the risk of alcoholism experienced by such children. Psychological problems attributed to such children have been numerous and varied. However, a variety of coping mechanisms seen in children of alcoholics have also been identified, including those that suggest that some may be very responsible and high-achieving adults relatively free of long-term psychopathology.

The nature of the impact of parental alcoholism on children needs much more investigation. There are, for example, no long-term data regarding what happens to these children.

The purpose of this **Update,** is to help those interested in this subject find further information. The entries have been organized into three sections: **Publications** (including books, conference papers, journal articles, and pamphlets and periodicals); **Audiovisuals** (including films, videotapes, filmstrips, and audiotapes); and **Organizations** (that provide additional information). The listing is not intended to be exhaustive but serves, rather, as a starting point for professionals and lay readers interested in current information on this topic. Throughout the list, two acronyms are used: "COA" for "children of alcoholics" and "ACOA" for "adult children of alcoholics." Following each abstract, a notation providing availability and price information appears (prices are subject to change).

Publications

Books

Ackerman, R.J. *Children of Alcoholics: A Guidebook for Educators, Therapists, and Parents.* 2nd ed. Holmes Beach, FL: Learning Publications, Inc., 1983. 215 pp. The emotional, developmental, physiological, and social problems and characteristics of COA's are described. Special topics include the role of the school and the educator, implications for the therapist, and recommendations for parents.

Availability
Learning Publications, Inc.
P.O. Box 1326
Holmes Beach, FL 33509
(Cost: hardback, $14.95; paper, $9.95)

Al-Anon Family Groups. *Alateen: Hope for Children of Alcoholics.* New York: Al-Anon Family Groups, 1973. 134 pp. Introduces the teenager to Alateen and explains Al-Anon's views on alcoholism and the 12 steps. Also contains personal stories of COA's.

Availability
Hazelden Educational Materials
Box 176
Pleasant Valley Road
Center City, MN 55012-0176
(Cost: $4.50)

Barnes, G.M. *Alcohol and Youth: A Comprehensive Bibliography.* Westport, CT: Greenwood Press, 1982. 452 pp. Several hundred references concerning COA's are included in this bibliography.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $49.95; Order No. 007A)

MS 321

2 Kit for Parents

Black, C. *It Will Never Happen to Me.* Denver, CO: M.A.C. Printing, 1981. 184 pp. Discusses the roles of the Responsible Child, the Adjuster, the Placater, and the Acting Out Child, and the progression of these roles: don't talk, don't trust, don't feel. Also discusses the "child within the adult" and counseling for ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $7.95; Order No. 048A)

Blume, S. *Report of the Conference on Prevention Research.* New York: Children of Alcoholics Foundation, in press. Contains discussions of the application of current research to prevention and priority needs to improve prevention programming, program design, and program evaluation, as well as strategies to improve prevention research. Priority research needs identified by participants include continued search for biomedical and psychosocial markers for special vulnerability to alcoholism; longitudinal interdisciplinary studies of predisposing and precipitating factors for alcoholism, FAS, and other illnesses; development of practical techniques for screening and identifying children of alcoholics in a wide variety of settings and matching them to prevention needs; and studies of social systems serving alcoholic families and the social and economic costs involved.

Availability
Children of Alcoholics Foundation, Inc.
540 Madison Avenue, 23rd Floor
New York, NY 10022
(No cost)

Children of Alcoholics Foundation. *Report of the Conference on Research Needs and Opportunities for Children of Alcoholics.* New York: Children of Alcoholics Foundation, 1984. 21 pp. Presents the findings of 18 medical experts who were invited to review the current state of knowledge, identify the most important questions facing researchers, review recent research advances, and suggest strategies to inform and stimulate interest among researchers, clinicians, educators, administrators, and other decisionmakers.

Availability
Children of Alcoholics Foundation, Inc.
1200 Park Avenue, 31st Floor,
New York, NY 10166
(No cost)

Cork, R.M. *The Forgotten Children.* Toronto: Paperjacks, 1969. 112 pp. For years, this was the only published study about COA's.

Availability
Hazelden Educational Materials
Box 176
Pleasant Valley Road
Center City, MN 55012-0176
(Cost: $2.95)

Deutsch, C. *Broken Bottles, Broken Dreams: Understanding and Helping Children of Alcoholics.* New York: Teachers College Press, 1982. 232 pp. A scholarly treatment of the problems and needs of young COA's, this book is intended for educators and other helping professionals.

Availability
Harper & Row
Keystone Industrial Park
Scranton, PA 18512
(800)242-7737
(Cost: $13.95)

Goldman, W. *The Color of Light.* New York: Warner Books, 1984. 352 pp. In this novel, the writer has created the first protagonist to attend a meeting of ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 4423
Rutherford, NJ 07070
(Cost: $17.50; Order No. 027)

Goodwin, D. Role of genetics in the expression of alcoholism: Overview. In: Galanter, M., ed. *Recent Development in Alcoholism.* Vol.1. New York: Plenum Press, 1983. pp. 3-8. Reviews findings from several twin and adoption studies in different countries and using different methodologies. It is noted that these conclusions apply primarily to men, since the studies of women have produced ambiguous results.

Availability
Plenum Press
233 Spring Street
New York, NY 10013
(Cost: $55.00)

Gravitz, H.L., and **Bowden, J.D.** *Guide to Recovery: A Book for Adult Children of Alcoholics.* Holmes Beach, FL: Learning Publications, Inc., 1985. 156 pp. Presents a guide to recovery for ACOA's. Discusses roots, survival, emergent awareness, core issues, transformations, integrations, and genesis. Also includes reading and resource lists.

Availability
Learning Publications, Inc.
P.O. Box 1326
Holmes Beach, FL 33509
(Cost: $9.95)

Children of Alcoholics

Lawson, G.; Peterson, J.S.; and **Lawson, A.** *Alcoholism and the Family.* Rockville, MD: Aspen Systems Corporation, 1983. Includes a chapter on COA's and notes that COA's are at high risk for developing behavioral and emotional problems as well as problems with alcohol. Concludes that treatment for alcoholic families should include the children.

Availability
Aspen Systems Corporation
1600 Research Boulevard
Rockville, MD 20850
(Cost: $28.95)

Meryman, R. *Broken Promises, Mended Dreams: An Alcoholic Woman Fights for Her Life.* Boston: Little, Brown and Company, 1984. 351 pp. Dramatizes a woman's gradual recovery from alcoholism and its effects on her husband and children. The thinking patterns and behavior of the alcoholic are reflected by the central character in the story.

Availability
Little, Brown and Company
200 West Street
Waltham, MA 02154
(Cost: $15.95)

Murray, R.M.; Clifford, C.A.; and **Gurling, H.M.** Twin and adoption studies: How good is the evidence of a genetic role? In: Galanter, M., ed. *Recent Developments in Alcoholism.* Vol. 1, New York: Plenum Press, 1983. pp. 25-48. Despite limitations of twin and adoption studies, concludes that the balance of evidence indicates that a modest genetic predisposition exists in men (though similar evidence for women so far is lacking). Calls for further studies to elucidate what is inherited and to examine the nature of gene-environment interactions.

Availability
Plenum Press
233 Spring Street
New York, NY 10013
(Cost: $55.00)

National Institute on Alcohol Abuse and Alcoholism. *A Growing Concern: How to Provide Services for Children from Alcoholic Families.* DHHS Pub. No. (ADM) 83-1257. Washington, DC: Supt. of Docs., U.S. Govt. Print. Off., 1983. 39 pp. Summarizes the problems and needs of children of alcoholics, discusses approaches that caregivers can use to develop treatment services, and examines cultural issues in service delivery. Also serves as a resource manual.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(No cost; request PH196)

National Institute on Alcohol Abuse and Alcoholism. *Services for Children of Alcoholics.* Research Monograph No. 4. DHHS Pub. No. (ADM) 81-1007. Washington, DC: Supt. of Docs., U.S. Govt. Print. Off., 1981. 191 pp. Conference proceedings describing issues relating to identification, intervention, treatment, and prevention with COA's.

Availability
Library

Richards, T.; Morehouse, E.; Seixas, J.; and **Kern, J.** Psychosocial assessment and intervention with children of alcoholic parents. In: Cook, D.; Fewell, C.; and Riolo, J., eds. *Social Work Treatment of Alcohol Problems.* New Brunswick, NJ: Rutgers Center of Alcohol Studies, 1983. 115 pp. Describes the characteristics of alcoholic homes and the feelings and behavior of children living therein, including recurring stereotypical roles (e.g., hero, scapegoat, mascot). Discusses the effect of impaired ego functioning on the child's ability to cope with the stresses of the alcoholic home, and illustrates with case studies. Provides intervention guidelines.

Availability
Publications Division
Rutgers Center of Alcohol Studies
P.O. Box 969
Piscataway, NJ 08854
(Cost: $15.00)

2 Kit for Parents

Russell, M; Henderson, C.; and **Blume, S.B.** *Children of Alcoholics: A Review of the Literature.* New York: Children of Alcoholics Foundation, 1985. 68 pp. Reviews and discusses the available literature on a number of topics including genetic and biochemical factors in alcoholism, effects of in utero exposure to alcohol, psychiatric and physical disorders associated with alcoholism, family studies, prevention and treatment, and ethics and public policy issues.

Availability
Children of Alcoholics Foundation, Inc.
1200 Park Avenue, 31st Floor,
New York, NY 10166
(No cost)

Seixas, J.S., and **Youcha, G.** *Children of Alcoholism: A Survivor's Manual.* New York: Crown Publishers, 1985. 208 pp. Describes life in an alcoholic home from the perspective of children; discusses the physical and emotional aspects of alcoholism and how these affect the lives of ACOA's. Also provides information and insight to help ACOA's cope with 'hangovers' from the past. Contains a listing of organizations, books, and pamphlets.

Availability
Crown Publishers, Inc.
One Park Avenue
New York, NY 10016
(Cost: $14.95)

Wegscheider, S. *Another Chance: Hope and Health for the Alcoholic Family.* Palo Alto, CA: Science & Behavior Books, 1980. 256 pp. Provides a discussion of the roles of enabler, hero, scapegoat, lost child, and family clown. Also proposes guidelines for alcoholism professionals and other therapists who are coming to grips with their own experience in a family with alcoholism.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $14.95; Order No. 010A)

Woititz, J.G. *Adult Children of Alcoholics.* Pompano Beach, FL: Health Communications, 1983. 106 pp. Written for and about ACOA's—their thoughts, attitudes, reactions, feelings. Describes what happens to many of these children in their youth and adulthood; discusses how some manifest poor self image, and suggests specific ways to change. Provides guidelines for children of alcoholic parents that may be useful in helping to break the cycle of dysfunctional behavior.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $5.95)

Woititz, J.G. *Struggle for Intimacy.* Pompano Beach, FL: Health Communications, 1985. 100 pp. Explores the barriers to trust and intimacy learned by children who grow up in alcoholic families. Chapters address a wide variety of topics including the fear of loss of self, fear of abandonment, anger, guilt and shame, boundaries, and issues in sexuality. Also contains a chapter designed to help friends, partners, and spouses to better understand the special problems and needs of adult COA's.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $6.95)

Wolin, S., and **Bennett, L.** Heritage continuity among the children of alcoholics. In: Gottheil E.; Druley, K.A.; Skoloda, T.E.; and Waxman, H.M. *Etiologic Aspects of Alcohol and Drug Abuse.* Springfield, IL: Charles C Thomas, 1983. 360 pp. Argues that COA's may develop an "alcoholic family identity" and that this identity puts the child at increased risk for alcoholism or for marrying someone with an alcohol problem. The process is illustrated with a case study describing three married siblings who represent an alcoholic family's second generation.

Availability
Charles C Thomas, Publisher
2600 South First Street
Springfield, IL 62717
(217) 789-8980
(Cost: $39.75)

Woodside, M. *Children of Alcoholics: A Report to Hugh L. Carey, Governor, State of New York.* New York: Children of Alcoholics Foundation, 1982. 50 pp. Presents findings on the special needs and problems of COA's in New York State. Reviews the literature on genetic transmission of alcoholism, the incidence of alcoholism within families, the effects of environment, and treatment issues. Also reviews services available throughout the State and offers recommendations for future directions.

Availability
Children of Alcoholics Foundation, Inc.
1200 Park Avenue, 31st Floor,
New York, NY 10166
(No cost)

Pamphlets and Periodicals

Al-Anon Family Groups, Inc. *Al-Anon Is for Adult Children of Alcoholics.* A reprint of articles about ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $0.35; Order No. 035A)

Children of Alcoholics

Al-Anon Family Groups, Inc. *Al-Anon Sharings from Adult Children.* Includes personal stories of ACOA's who have been helped in their own recovery by Al-Anon.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $0.90; Order No. 005A)

Al-Anon Family Groups, Inc. *Did You Grow Up with a Problem Drinker?* Al-Anon's answer to "the problem and solution." Discusses characteristics of some ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $0.05; Order No. 028A)

Black, C. *My Dad Loves Me, My Dad Has a Disease.* Denver, Co: M.A.C. Printing, 1979. 76 pp. This workbook is designed to help young children learn about themselves, their feelings, and the disease of alcoholism in their families through art therapy.

Availability
Thomas W. Perrin
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
(Cost: $6.95; Order No. 51A)

COA Review: The Newsletter About Children of Alcoholics. A bimonthly periodical that began publication in January 1983. Draws attention to the problems faced throughout their lives by persons who grow up in alcoholic families. International and interdisciplinary in scope. Reports findings from scientific journals in a wide variety of disciplines.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: 6 issues, $9.50; 12 issues, $18; 18 issues, $26)

Deutsch, C. *Children of Alcoholics: Understanding and Helping.* Hollywood, FL: Health Communications, Inc., 1983. 12 pp. Describes the wideranging effects of familial alcoholism on children including the roles children adopt for survival, their often impaired sense of reality, and their dependence on denial as a coping mechanism.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $0.75)

Jones, P. *Brown Bottle: A Fable for Children of All Ages* Center City, MN: Hazelden Foundation, 1983. 40 pp. Presents an allegory of alcoholism in the illustrated story of Charlie the caterpillar. A children's book intended for elementary school children.

Availability
Hazelden Foundation
Box 176
Pleasant Valley Road
Center City, MN 55012-0176
(Cost: $4.95)

Typpo, M.H., and **Hastings, J.M.** *Elephant in the Living Room.* Minneapolis, MN: Compcare Publications, 1984. A program designed to help children from 7 years to early adolescence cope with the problems of living with a problem-drinking or drug-abusing parent or sibling. The leader's guide (129 pp.) is primarily for adults working with children in groups. The children's book (84 pp.) uses a workbook format with line drawings to help children understand alcoholism as a disease, realize they are not alone, learn to express feelings appropriately, improve self esteem and family relationships, make decisions, and seek support through Alateen, Alatot, and other resources.

Availability
Compcare Publications
2415 Annapolis Lane
Minneapolis, MN 55441
(Cost: leader's guide, $7.95; workbook, $6.00)

Woititz, J.G. *Adult Children of Alcoholics: Common Characteristics.* Hollywood, FL: Health Communications, 1983. 11 pp. Presents statements made by ACOA's about themselves and explanations for such self concepts. Notes that because ACOA's have little experience with what is normal, they must guess. The results are often a negative self image, extremes in feelings or behaviors, and difficulties in relationships.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $0.75)

2 Kit for Parents

Conference Papers

Bennett, L. "A Comparison of Children from Alcoholic and Nonalcoholic Families: Cognitive and Psychosocial Functioning." Paper presented at the National Council on Alcoholism Forum, Washington, DC, 1985. Discusses findings from studies of children from alcoholic and nonalcoholic families. Analyzes data on four variables and reports that there are significant differences between children from alcoholic and nonalcoholic families on all four variables, including self-esteem and other cognitive factors.

Availability
National Council on Alcoholism
12 West 21st Street
7th Floor
Attention: Ms. Lull
New York, NY 10010
(No cost)

Cermak, T.L. "Parallels in the Recovery Process for Alcoholics and Adult Children of Alcoholics." Paper presented at the National Council on Alcoholism Forum, Houston, TX, 1983. The author contends that a similar sequence of stages in recovery must be encountered by both the alcoholic and ACOA's: breakdown of denial, awareness of identity, the reality of alcoholism, uncovering core issues, and the issue of control.

Availability
National Council on Alcoholism
12 West 21st Street
7th Floor
Attention: Miss Lull
New York, NY 10010
(No cost)

Johnson, J. "Risk and Protective Factors in Children Vulnerable to Alcohol Abuse." Paper presented at the National Council on Alcoholism Forum, Washington, DC, 1985. Discusses the importance of conducting longitudinal studies of complicated risk factors. Also examines the factors that place children at risk for developing alcoholism and those that protect children from developing the disease.

Availability
National Council on Alcoholism
12 West 21st Street
7th Floor
Attention: Ms. Lull
New York, NY 10010

Noll, R.B.; Zucker, R.A.; Well, C.; and **Greenberg, G.S.** "Cognitive Factors in Substance Abuse: The Case for Early Learning." Paper presented at the American Pyschological Association Annual Meeting, Toronto, Ontario, Canada, 1984. Presents findings from two studies conducted to determine whether preschool children know about alcoholic beverages and their uses. In the studies, most children ages 2.5 to 6 years could recognize alcoholic beverages by smell. When shown pictures of adults engaged in various activities, they selected alcoholic beverages as appropriate for adults far more often than they selected those beverages as appropriate for children. Children from families with an alcoholic parent performed these tasks only slightly differently from children from nonalcoholic families.

Availability
American Psychological Association
1400 N. Uhle Street
Arlington, VA 22201

Soyster, C. "Adult Children of Alcoholics: Heir of Shame." Paper presented at the American Psychological Association Annual Meeting, Toronto, Onatario, Canada, 1984. Conflict over control becomes the basis of anxiety COA's carry into adulthood. The author believes this conflict is rooted in shame over the "family secret" and cites case histories of women who are ACOA's and in group or individual therapy. Developmental stages of the COA and the relationship with the parents are described. The author suggests that one goal of therapy is modifying goals to be realistic and attainable.

Availability
American Psychological Association
1400 N. Uhle Street
Arlington, VA 22201

Journal Articles

Black, C. Teaching, talking, touching. *Alcoholism: The National Magazine* 5(2):26-28, 1984. The author describes typical problems of COA's: inability to trust, intense guilt, and a propensity toward alcoholism and other chemical addictions. She created the Stamp Game to help COA's express their feelings in small therapy groups. COA's tend to adopt one of four roles in the family and later life: the responsible child, the adjuster, the acting-out child, or the placator. Many COA's also marry alcoholics.

Availability
Library

Children of Alcoholics

Brooks, K.F. Adult children of alcoholics: Psychosocial stages of development. *Focus on Family and Chemical Dependency* 6(5):34-36, 1983. Examines the development of ACOA's within the context of eight developmental stages outlined by personality theorist Erik Erikson. The first four stages are dominated by unconscious drives, while the last four are dominated by conscious thought processes.

Availability
Library

Cermak, T.L., and **Brown, S.** Interactional group therapy with the adult children of alcoholics. *International Journal of Group Psycho-Therapy* 32:375-389, 1982. Reports the preliminary results of a project employing a group therapy with adult children of alcoholics. Discusses typical conflicts observed over issues of control, trust, personal needs, responsibility, and feelings; contends that the conflicts derive from the coping styles of the family members and the impact of alcoholism on the family.

Availability
Library

Diaz, P., and **Slotwiniski, J.** Helping children to help themselves. *Focus on Family and Chemical Dependency* 7(2):26-27, 1984. Project Rainbow is a treatment center for COA's with a special focus on children from Hispanic families.

Availability
Library

el-Guebaly, N., and **Offord, D.R.** The Offspring of Alcoholics: A critical review. *American Journal of Psychiatry* 134:357-365, 1977. Good review of the literature up to 1977.

Availability
Library

el-Guebaly, N., and **Offord, D.R.** On being the offspring of an alcoholic: An update. *Alcoholism: Clinical and Experimental Research* 3:148-157, 1979. Reviews advances in research that occurred between 1977 and 1979.

Availability
Library

Flanzer, J. Alcohol abuse and family violence: The domestic chemical connection. *Focus on Family and Chemical Dependency* 7(4):5-6, 1984. Family violence includes spouse abuse, child abuse, child sexual abuse, severe child neglect, adolescent abuse, sibling abuse, parental abuse, and elder abuse. The issues surrounding family violence and alcoholism include the ability to reassert control, mastery over the moment, and helping to reduce feelings of hopelessness, depression, and despair.

Availability
Library

Focus on Alcohol and Drug Issues 6(2), (3), (4), 1983. These three magazine issues focus on the chemically dependent family. Topics include treatment programs for COA's; planning community-based services; providing prevention programs through the schools; intervening through community services; and establishing training seminars for elementary school personnel and counselors to identify COA's.

Availability
Focus on Alcohol and Drug Issues
U.S. Journal of Drug and Alcohol Dependence, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: single issues, $4.00 each; discount for 10 or more copies)

Goodwin, D.W. Familial alcoholism: A separate entity? *Substance and Alcohol Actions/Misuse* 4(2/3):129-136, 1983. Reviews findings from twin, adoption, and high-risk studies of alcoholism.

Availability
Library

King, B. Betraying the alcoholic or protecting the child? The dilemma of confidentiality. *Alcoholism: The National Magazine* 3(7):59-61, 1983. Discusses the conflict that arises from the sometimes competing interests of the addicted parent and the abused child. Discusses the broad nature of confidentiality laws and their implication.

Availability
Library

Lanier, D.C. Familial alcoholism. *Journal of Family Practice* 18:417-422, 1984. Reviews evidence of genetic and environmental influences on the development of familial alcoholism and describes newly postulated diagnostic categories. Provides guidelines for taking a family alcoholism history and discusses the family physician's role in diagnosis, intervention, and prevention.

Availability
Library

Lovinfosse, M. Incest connection. *Alcoholism: The National Magazine* 5(2):51, 1984. Contends that alcohol is a factor in a high percentage of child abuse cases, including incest, neglect, violence, and exploitation. Notes that COA's often continue the cycle of alcoholism and child abuse in the next generation.

Availability
Library

2 Kit for Parents

Middleton, J.L. Double stigma: Sexual abuse within the alcoholic family. *Focus on Family and Chemical Dependency* 7(5):6, 10-11, 1984. Examines the stigma and taboos of sexual abuse within the alcoholic family. Urges professionals to address the question of sexual abuse so that they might better serve their clients.

Availability
Library

Morehouse, E.R. Working in the schools with children of alcoholic parents. *Health and Social Work*, 4(4):144-162, 1979. Describes some psychological features seen in children of alcoholics, discusses the appropriateness of the school setting as an arena for intervention, and offers suggestions and guidelines to school social workers for carrying out interventions.

Availability
Library

Musello, D. Steady streams of double messages: Adult children of alcoholics. *Focus on Family and Chemical Dependency* 7(4):9, 11, 1984. Attributes the ACOA personality, as described by therapist Janet Woititz, to elements in the alcoholic home that send "double messages" to the growing child. Such messages can lead to an adulthood marked by a distorted sense of reality, poor relationships, and feelings of powerlessness over life. Argues that traditional client-centered psychotherapy will be useless for ACOA's and urges therapists to become more involved with ACOA clients and not assume that answers to the problem lie with the client. Recommends that therapists credit ACOA's for the survival mechanisms they developed in an alcoholic home.

Availability
Library

National Institute on Alcohol Abuse and Alcoholism. *Alcohol Health and Research World* 8(2), 1984. Special issue devoted to COA's and ACOA's. Includes articles on research on children of alcoholics and child abuse; the role of maintaining family rituals in reducing generational recurrence of alcoholism; counseling and treatment of COA's and ACOA's in the juvenile justice system. Interviewees recommend areas for further research.

Availability
National Clearinghouse for
Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(No cost; request RPO497)

Nicholson, S.M. Preschoolers from chemically dependent families. *Focus on Alcohol and Drug Issues* 6(4):16-17, 1984. Suggests techniques for counseling preschoolers, including the provision of a nurturing environment, instructor participation in activities, education about substance abuse, support to share experiences, storytelling, and art sessions. Through such therapy, the author says children can learn how to deal with their feelings, examine their alternatives, cope with their environment, and learn that some families operate differently from the way theirs do.

Availability
Library

Perrin, T.W. Parenting. *Alcoholism: The National Magazine* 5(2):23, 1984. When children of alcoholic parents become parents themselves, they want to give better parenting than they received, yet they fear they will fail. ACOA's must learn to confront and cope with guilt, faulty reasoning, and a desire for perfection in reaction to their own upbringing. The author contends that children share responsibility for how they turn out.

Availability
Library

Pilat, J.M., and **Jones, J.W.** Identification of children of alcoholics: two empirical studies. *Alcohol Health and Research World* 9(2):27-33, 36, 1984/5. Discusses a screening instrument used to identify COA's, the Children of Alcoholics Screening Test (C.A.S.T.); the results of two research studies using C.A.S.T.; and the implications for further research. The results of one study indicate that some COA's survive life in an alcoholic family system by exercising control over their environment. The other study suggests that professionals who are themselves COA's often make the best therapists provided they have worked through their own issues.

Availability
National Clearinghouse for
Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(No cost; request RPO510)

Tarter, R.; Hegedus, A.; Goldstein, G.; Shelly, C.; and **Alterman, A.** Adolescent sons of alcoholics: Neuropsychological and personality characteristics. *Alcoholism: Clinical and Experimental Research* 8:216-222, 1984. Demonstrates that children of alcoholics show certain neuropsychological deficits in perceptual-motor ability, memory, and language processing.

Availability
Library

Walker-Weber, J. Aiding the adolescent's search for "self." *Alcoholism: The National Magazine* 3(5):27-28, 1983. Discusses the problems faced by recovering alcoholic parents and their adolescent children. Describes a pattern in which the adolescent clings to his or her previous role and reacts with mistrust of parents' past behavior. Suggests that the adolescent will begin to change once he or she

Children of Alcoholics

acknowledges the permanence of parental changes. Provides suggestions to help the recovering patient deal with adolescent children during the initial recovery period.

Availability
Library

Whitfield, C.L. Children of Alcoholics: Treatment issues. *Maryland State Medical Journal*, June 1980. Treatment issues for children of alcoholics are addressed.

Availability
Library

Wolin, S.J.; Bennett, L.A.; and **Noonan, D.L.** Family rituals and the recurrence of alcoholism over generations. *American Journal of Psychiatry* 136(4B):589-593, 1979. Using the framework of family systems theory, examines the extent of change in family rituals in which at least one parent was or had been alcoholic. Finds that families whose rituals were altered during the period of heaviest parental drinking were more likely to evidence transmission of an alcohol problem to the children's generation than families whose rituals remained intact.

Availability
Library

Audiovisual Resources

Alcohol Facts: For Teenagers Only. Part one documents patterns of alcohol use and abuse among some of today's teens. Part two explores why COA's and teenagers from unhappy homes run a high risk of developing drinking problems. Encourages students to seek specific community help. Advocates peer eduction and alcohol counseling groups as methods to help teenagers resist peer pressure to drink. 1983. Junior and senior high school.

Availability
Sunburst Communications
39 Washington Avenue, Room JT6
Pleasantville, NY 10570
(800) 431-1934
Two filmstrips and guide: Sale $99

Children of Denial. Discusses the denial often present in children of alcoholic parents, including learning not to talk about the parent's alcoholism, learning not to trust, and learning not to feel. 28 min, 1982.

Availability
A.C.T.
30100 Town Center Drive, Suite 211
Laguna Niguel, CA 92677
(714) 499-4806
16mm film or videocassette, and guide: Sale $450; Rental $55/7 days

Co-alcoholic: Hostage in the Home. This audiotape presents a discussion by educator and counselor Stephanie Abbott of the problems encountered by the family of the alcoholic, both children and spouse.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 026A, $7.95

Families of Alcoholics. A segment of ABC's 20/20 report by reporter Geraldo Rivera. Explores the despair, hopes, and fears of family members. Two families tell how the pain of alcoholism affected them and how they learned to cope, survive, and even triumph. 15 min, 1983. High school and above.

Availability
MTI Teleprograms, Inc.
3710 Commercial Avenue
Northbrook, IL 60060
(800) 323-5343
16mm film: Sale $275

A Family Talks About Alcohol. This film dramatizes the problems experienced by a family as a result of one alcoholic member. 30 min, 1983. Junior and senior high school.

Availability
Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
(800) 323-9084
16mm film: Sale $495; Rental $45/3 days

Growth Stages and Adult Children of Alcoholics. Educator Robert Ackerman explores stages of growth through childhood, adolescence, and into adulthood and the ways these stages are affected by being the child of an alcoholic.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 042A, $7.95

2 Kit for Parents

Hope for the Children. Profiles several young children carrying out the reponsibilities their alcoholic parents should be assuming and explores the effects of parental alcoholism on emotional and physical development. Suggests methods to involve children in the family recovery process and to assist in the early diagnosis of COAs. 28 min. Professionals.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
16mm film and videocassette: Sale $395; Preview $60/3 days; Rental $60/3 days

Human Development and the Children of Alcoholics. Educator Robert Ackerman discusses the ways that children of alcoholics are influenced through stages of human development.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 043A, $7.95

The Hurried Child Syndrome—ACOA's and Co-Dependency. The effects of being raised in a home by an alcoholic parent are discussed by Therapist Robert Subby on this audiotape.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 0444, $7.95

My Father's Son. Describes the effects of chemical dependency on three generations of a working-class family. Follows the self-destructive path of 16-year-old Michael as he grapples with his father's alcoholism and his own behavior that leads him to alcohol abuse. A grown Michael discovers his own son's use of marijuana. 33 min, 1984. High school and above.

Availability
Gerald T. Rogers Productions, Inc.
5225 Old Orchard Road, Suite 23
Skokie, IL 60077
(312) 967-8080
16mm film: Sale $525; Rental $75/ 8-14 days (no charge if returned within 5 days)

Suffer the Children. Delineates the problems faced by children growing up in an alcoholic home. Interviews several children as well as a recently sober mother. Dr. Claudia Black, a therapist for children of alcoholic parents, is also interviewed. Adults.

Availability
Carousel Film and Video
241 East 34th Street, Room 304
New York, NY 10016
(212) 683-1660
16mm film or videocassette: Sale $350

Teenage Alcoholism in Kids from Chemically Dependent Homes. Educator and counselor Patricia O'Gorman discusses the special problems of teenagers with alcohol-related problems whose parents are also substance abusers.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 060A, $7.95

Organizations

National Clearinghouse for Alcohol and Drug Information (NCADI) is an information service of the Office for Substance Abuse Prevention (OSAP). The Clearinghouse staff can answer your questions about prevention, intervention, and treatment of alcohol and other drug problems. Information is disseminated free to the public. Write to NCADI, P.O. Box 2345, Rockville, MD 20852. Or call (301) 468-2600 and ask for an information specialist.

Alcoholics Anonymous (AA), P.O. Box 459, Grand Central Station, New York, NY 10163 (212) 686-1100. With more than one million members in 114 countries, AA is the largest self-help group for recovering alcoholics and problem drinkers. Local groups are listed in most telephone directories.

Al-Anon Family Groups, P.O. Box 182, Madison Square Garden, New York, NY 10159 (212) 683-1771. Al-Anon Family Groups, which includes Al-Anon for adults, Al-Anon for Adult Children of alcoholics, and Alateen for youth, are self-help groups for family members and friends of problem drinkers. Local groups are listed in most telephone directories.

Children of Alcoholics

Children of Alcoholics Foundation, Inc., 1200 Park Avenue, 31st Floor, New York, NY 10166 (212) 351-2680. A voluntary nonprofit organization created to assist children of alcoholic parents. Foundation goals include increasing awareness of the problems of COA's; encouraging local, State, and Federal agencies, as well as private organizations, to respond to the needs of this group; and promoting and disseminating research information in this area.

National Association for Children of Alcoholics (NACoA), 31706 Coast Highway, Suite 201, South Laguna, CA 92677 (714) 499-3889. Incorporated in 1982, NACoA is the only national nonprofit association for children of alcoholics in all age groups. NACoA publishes a quarterly newsletter and hosts an annual convention.

National Council on Alcoholism, Inc. (NCA), 12 West 21st Street, New York, NY 10010 (212) 206-6770. The NCA is a national voluntary health agency that provides information about alcoholism and alcohol problems through more than 300 local affiliates. Some of the NCA's affiliates provide counseling for alcoholics and their families.

Prepared by the National Clearinghouse for Alcohol and Drug Information (NCADI). NCADI is a service of the Office for Substance Abuse Prevention (OSAP), of the Alcohol, Drug Abuse, and Mental Health Administration (ADAMHA), Public Health Service, U.S. Department of Health and Human Services. This publication is not copyrighted. Permission to duplicate the contents is not necessary. Duplication is encouraged.

Please Be A COPY CAT!

We don't mind if you make copies of any or all of the materials in this kit—in fact, we *want* you to! The information you will find here about children of alcoholics was carefully developed by a team of experts, and we want to spread the knowledge around.

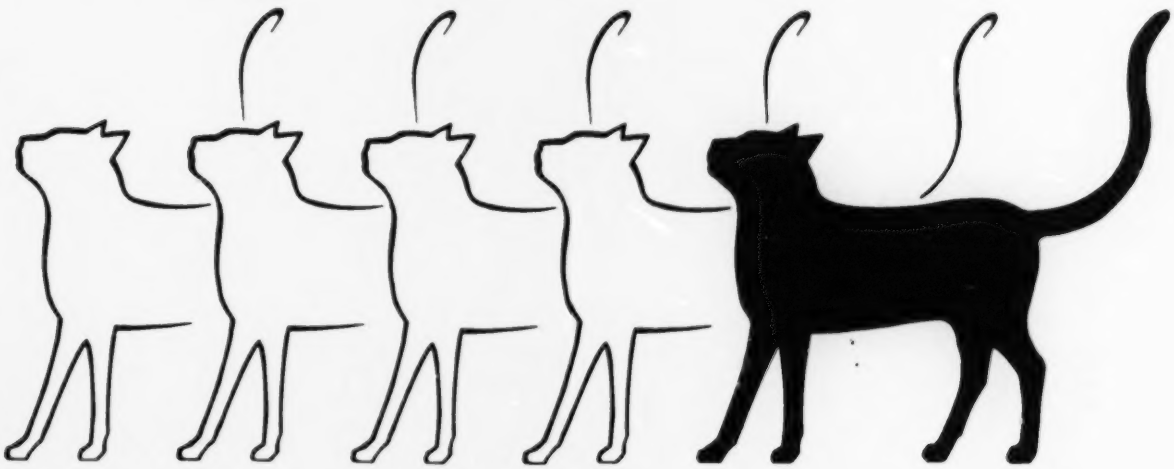
So feel free to be a "copy cat," and make all the copies you want. You have our permission!

OSAP
OFFICE FOR SUBSTANCE ABUSE PREVENTION

OFFICE FOR SUBSTANCE ABUSE PREVENTION

P.S. Address any questions or comments you may have to our Clearinghouse at this address:

NCADI
National Clearinghouse for
Alcohol and Drug Information
PO Box 2345
Rockville, MD 20852
301 468 2600



QUESTIONS AND ANSWERS ABOUT ALCOHOL PROBLEMS

These are questions that kids ask about alcoholism and about how to live with an alcoholic. The answers will give you the information you need to learn more about alcohol problems. It is important to understand alcoholism if you think someone in your family drinks too much because the way your family acts affects you. If your family doesn't have this problem, you may know someone whose family does have a problem with alcohol.

Question: What is alcoholism?
Answer: Alcoholism is a disease. People who have the disease have lost control over their drinking and are not able to stop without help.

Question: How does alcoholism start?
Answer: Doctors don't know why people become alcoholics. Some start out drinking a little bit and end up hooked on alcohol. A person may drink to forget problems or to calm nerves and end up needing alcohol to feel normal. Once a person loses control over drinking, he or she needs help to stop.

Question: Why can't an alcoholic just stop drinking?
Answer: One of the symptoms of alcoholism is that the person has lost control over drinking--and that makes it very hard for the alcoholic to stop drinking.

Question: If the alcoholic is sick, why doesn't he or she go to a doctor?
Answer: At first, the alcoholic is not aware that he or she is ill. Even when the alcoholic becomes aware that all is not well, he or she may be the last one to believe that alcohol is the problem.

Question: Is there an "average" alcoholic?
Answer: No. There is no such person as the average alcoholic. Alcoholics can be young, old, rich, poor, male, or female.

Question: What is the cure for alcoholism?
Answer: There is no cure for alcoholism except stopping the disease process by stopping drinking.

Question: Can family members make an alcoholic stop drinking?
Answer: No. It is important to know that an alcoholic needs help to stop drinking, but no one can be forced to accept help. It is also important to know that family members alone cannot provide the help that the alcoholic needs. An alcoholic needs the help of people trained to treat the disease.

Question: How many people in the United States have at least one alcoholic parent?
Answer: About 7 million children are growing up with at least one alcoholic parent; nearly 21 million adults grew up in homes with an alcoholic parent.

Question: If I can't make my alcoholic parent stop drinking, what can I do to make myself feel better?
Answer: Talk to someone you trust about the problem, like a teacher, Scout leader, or sports coach. Also, there is a group of kids who have alcoholic parents called "Alateen." Alateen has meetings, like a club, and the kids share tips on how to make life easier.

Question: How can I find Alateen?
Answer: Look for the phone number of Alateen in the phone book, or call directory assistance (411) for the number of Alateen. If you have one parent who does not drink a lot, or a relative or a family friend, maybe he or she will take you to an Alateen meeting.